Know Your Blood Pressure Numbers!

- Did you know that your blood pressure levels go up and down throughout the day?
- Checking your blood pressure levels at home can help your doctor decide if your treatment plan is working.
- Keep these tips in mind when you are measuring your blood pressure at home!

Take several readings -2 or 3 readings 1 minute apart Write down all the results

Place cuff on your bare arm cuff should be tight enough so that only two fingertips fit under the top part of the cuff

Measure at the same time each day, when your doctor recommends adds 5-10 mmHG

Empty Bladder Full bladder

Supported Back Unsupported back adds 5 mmHG

Don't smoke, drink caffeinated beverages or alcohol, or exercise 30 minutes before measuring your blood pressure

Quiet room, Don't Talk Talking adds 10-15 mmHG Talk to your doctor about your measures

Supported Arm At Heart Level Unsupported arm adds 10 mmHG

> Place Cuff on Bare Arm

> > Legs Uncrossed Crossed legs adds 2-8 mmHG

Supported Feet Unsupported feet adds 5-10 mmHG

To watch a video on home blood pressure monitoring, visit: www.palsforhealth.com

Pickering et, al. Circulation, 2005 and O'Brien, et al. J Hypertens. 2003